

EVERY 21 SECONDS
someone is diagnosed with diabetes.

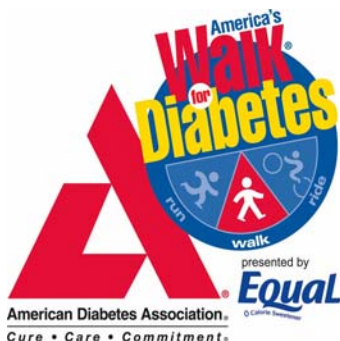
Every 21 seconds there is a new reason to walk.
WHO'S YOUR REASON?™



Join OHS Fitness Challenge Walkers in **AMERICA'S WALK FOR DIABETES!**

Make a difference in these six simple steps:

1. Go to www.diabetes.org/walk.
2. Click on the SIGN UP NOW button in the red box on the left hand side.
3. Select "Maryland" using the drop down box.
4. Select "MD, Frederick October 15, 2006"
5. Select the red "Join A Team" box.
6. Enter OHS Fitness Challenge Walkers to find YOUR team!



small steps... **BIG Rewards.**